

Priority Topic: WELL-BABY CARE

Key Features:

I am including the entire [ABCdaire: Suivi periodique des enfants 0-5 ans](#) .
Section IV is particularly useful for most of these sections below.

Some may prefer the National Rourke Guide – If you use this to study, make sure you scroll all the way down to the explanation section

- ✓ [Rourke National 2017 - English](#)
- ✓ [Rourke Nationale 2017 - Français](#)

1. Measure and [chart growth parameters](#), including head circumference, at each assessment; examine appropriate systems at appropriate ages, with the use of an [evidence-based pediatric flow sheet](#) such as the Rourke Baby Record.

What you should study:

- ✓ [Utilisation Courbes Croissance](#)
Brief summary of “definitions” of childhood obesity and underweight (for those who just want: “quick numbers”)
- ✓ [WHO interpreting indicators](#) For those who want a more extensive review of interpreting growth curves, see WHO learning module

2. [Modify](#) the routine immunization schedule in those [patients who require it](#) (e.g., those who are immunocompromised, those who have allergies).

What you should study:

- ✓ [Check out the new Protocole d’immunisation du Quebec \(PIQ\) online](#)
- ✓ [Vaccination of Immunocompromised Host IDSA 2013](#)
- ✓ [Guidelines for vaccination of Egg Allergic Individual ASCIA 2017](#)

3. [Anticipate and advise](#) on breast-feeding issues (e.g., weaning, returning to work, sleep patterns) beyond the newborn period to [promote breast-feeding](#) for [as long as it is desired](#) .

What you should study:

- ✓ [Weaning from the breast CPS 2013-16](#)
- ✓ [Diagnosis and Management of Common Sleep Problems in Children AAP 2011](#)
- ✓ [Breastfeeding - the essential principles AAP 2006](#)

4. At each assessment, [provide parents with anticipatory advice](#) on pertinent issues (e.g., feeding patterns, development, immunization, parenting tips, antipyretic dosing, safety issues).

What you should study:

Both the Rourke and the ABCdaire contain lots of anticipatory guidance advice

- ✓ [Anticipatory Guidance AAP Guideline](#)

5. Ask about [family adjustment to the child](#) (e.g., sibling interaction, changing roles of both parents, involvement of extended family).

- ✓ **Think SOO!**

6. With parents **reluctant to vaccinate their children** , address the following issues so that they can make an informed decision:
- **their understanding** of vaccinations.
 - the **consequences of not vaccinating** (e.g., congenital rubella, death).
 - the **safety** of unvaccinated children (e.g., no Third World travel).

What you should study:

✓ I've screened a lot of materials, and this source summarizes discussion points with patients well: <http://www.phac-aspc.gc.ca/publicat/cig-gci/p01-04-eng.php>

7. When **recent innovations** (e.g., new vaccines) and **recommendations** (e.g., infant feeding, circumcision) have conflicting, or lack defined, guidelines, **discuss this information** with parents in an unbiased way to help them arrive at an informed decision.

8. Even when children are growing and developing appropriately, evaluate their **nutritional intake** (e.g., type, quality, and quantity of foods) to prevent future problems (e.g., anemia, tooth decay), especially in **at-risk populations** (e.g., the socioeconomically disadvantaged, those with voluntarily restricted diets, those with cultural variations).

What you should study: see also Priority Topic Anemia

- ✓ Picky Eaters CPS 2017
- ✓ Nutrition for Healthy Term Infants 6-24 mo CPS 2014
- ✓ Anemia in Peds AAP 2010
- ✓ Iron deficiency in peds AAFP 2016
- ✓ Fluoride and Dental Caries in Children AAP 2014